

## WAIST WHITTLERS

Waist Whittlers challenges the oblique muscles on the sides of the torso. I call these muscles *sidewalls*. This activity challenges the positioning of the torso while the arms move.

### **Benefits »**

- ⦿ Challenges core muscles to stabilize against arm movement.
- ⦿ Reinforces concepts of core stability and tall posture.
- ⦿ Strengthens torso, especially the obliques.

### **Set It Up »**

You will need one balloon or Slo Mo ball per person, plus a few extra. One variation requires a balance disc and a chair with arms.

### **How to Do It »**

#### **The Start**

- ⦿ Start with a tall sit (shoulders over hips, head retracted, chin level, feet flat on the floor). Lower abdominals are pulled in and up; ribs are lifted, lengthening the spine. Maintain this position throughout the exercise.
- ⦿ Hold the balloon with both hands in front at waist height. Arms are almost straight, with elbows slightly bent.



#### **The Moves**

Use the following cues.

- ⦿ Keep the trunk tall and facing forward. You will be using only the arms to move the balloon from side to side.
- ⦿ Pull the balloon back toward one hip. Both elbows will bend as you draw the balloon backward.
- ⦿ Push the balloon forward again to the front position. Sit tall.
- ⦿ Pull the balloon back toward the other hip. The trunk stays facing forward, only the arms should pull back.
- ⦿ Push the balloon forward again to the front position. Sit tall.
- ⦿ Keep moving the balloon from the right hip to the left without turning the torso.
- ⦿ Repeat until you have moved balloon to both sides for six to eight repetitions on each side.
- ⦿ Rest.
- ⦿ Stretch *sidewalls* with gentle reach-ups when done. Try (Parentheticals) (page 80).

### **Take It Further »**

- ⦿ Over time, build up to doing 8 to 15 repetitions on each side.
- ⦿ Push the balloon a little higher each time you return it to the center position.
- ⦿ Hold the balloon a little farther from the body.
- ⦿ Use a light weight, no more than 1 or 2 pounds (.5-1 kilogram), held with both hands.
- ⦿ Add a twist with Waist Whittlers With a Twist.
  - It's the same as Waist Whittlers, but as the arms pull to one side, the torso turns also.
  - Inhale and sit tall.
  - Exhale and turn the torso, arms, and balloon to one side.
  - Repeat to the other side.
  - Twists are not appropriate for people with osteoporosis.



### **Give It More Balance »**

- ⦿ Increase the speed of movement just a little.
- ⦿ Sit at the front of the chair.
- ⦿ Sit on a balance disc in a chair with arms.
- ⦿ Do Waist Whittlers standing in front of chair. For more variety try an off set foot pattern. When the right foot is forward, turn the balloon to the right. When the left foot is forward, turn the balloon to the left. Start with 6 Waist Whittlers to each side and progress to 12 repetitions.

### **Live It »**

Movements like reaching to the sides are part of many everyday tasks. Core stability will make these moves easier on the back and safer.